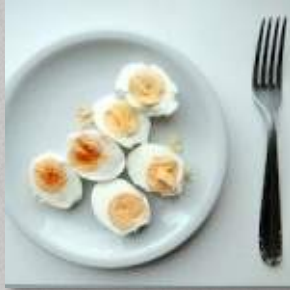


DAIRY

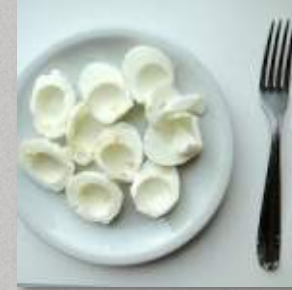
20g protein per serving



Eggs (3 eggs)

159g

225 kcal
20g Protein
1.1g Carbs
15.7g Fat



Egg Whites (5x white)

182g

94 kcal
20g Protein
1.3g Carbs
0.3g Fat
1.3g Sugar



Fat-Free Yogurt

400g

144 kcal
20g Protein
16g Carbs
0g Fat



0% Greek Yogurt

194g

111 kcal
20g Protein
7.8g Carbs
0.0g Fat
7.8g Sugar



Feta Cheese 10% fat

121g

194 kcal
20g Protein
0.1g Carbs
12.5g Fat
0.0g Sugar



Cottage Cheese

179g

159 kcal
20g Protein
4.1g Carbs
7g Fat
4.1g Sugar



SEAFOOD

20g protein per serving



Shrimp

75g

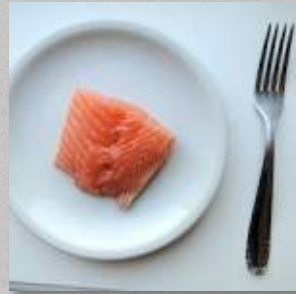
99 kcal
20g Protein
0.9g Carbs
1.7g Fat
0.0g Sugar



Scallops

118g

91 kcal
20g Protein
0.7g Carbs
0.8g Fat
0.4g Sugar



Salmon

105g

245 kcal
20g Protein
1.1g Carbs
17.9g Fat
1.1g Sugar



Tuna (in water)

80g

84 kcal
20g Protein
0.0g Carbs
0.4g Fat
0.0g Sugar



Cod

143g

101 kcal
20g Protein
0.4g Carbs
2.1g Fat
0.0g Sugar



MEAT

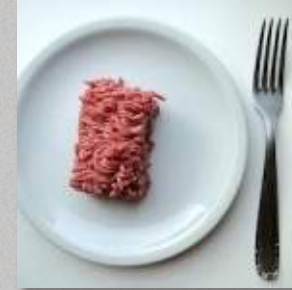
20g protein per serving



Chicken Breast

87g

91kcal
20g Protein
0.0g Carbs
1.3g Fat
0.0g Sugar



Ground Beef

105g

96 kcal
20g Protein
0.5g Carbs
2.6g Fat
0.4g Sugar



Turkey

80 g

88 kcal
20g Protein
0.0g Carbs
0.8g Fat
0.0g Sugar



Lean Beef

105g

131 kcal
20g Protein
0.8g Carbs
5.3g Fat
0.0g Sugar



Ham

125g

125 kcal
20g Protein
2.5g Carbs
3.8g Fat
2.5g Sugar



Protein Powder

21g

83 kcal
20g Protein
0.2g Carbs
0.2g Fat
0.2g Sugar



PLANT- BASED

20g protein per serving



Edamame beans

185g

204 kcal
20g Protein
4.4g Carbs
11.9g Fat
1.9g Sugar



Lentils

235g

225 kcal
20g Protein
33.2g Carbs
1.6g Fat
0.0g Sugar



Red Kidney Beans

250g

240 kcal
20g Protein
37.5g Carbs
1.3g Fat
1.3g Sugar



Uncooked Mushrooms

600g

180 kcal
20g Protein
20g Carbs
2g Fat
10g Sugar



Tofu

167g

192 kcal
20g Protein
1.7g Carbs
11.7g Fat
0.7g Sugar



Quorn

138g

130 kcal
20g Protein
6.2g Carbs
2.8g Fat
0.8g Sugar

